

Education & Certifications:

- * PhD. & M.S. Agronomy
- * B.S. Biology, Chemistry
- * ACE Certified Personal Trainer
- * CPR/AED/First Aid

Training Philosophy:

The quality of your workout is directly proportional to the amount of fun you have doing it. I want my clients to have fun, make changes and be healthy and energetic; whether they are already fit, or recovering from an injury or illness.

Training Specialties:

- * Resistance training for strength and body shaping
- * Training clients of all fitness levels

Interests & Hobbies:

Family activities, backcountry skiing, hiking, gourmet cooking and learning everything I can!



ERIE
COMMUNITY
CENTER

PERSONAL TRAINER



Larry Woods

Here to...

**Help you reach
your fitness and wellness goals!**

**Visit Guest Service for pricing and
registration information.**